

Roasted Salmon, Fennel & Castelvetrano Olives

with Cara Cara Orange, Farro & Salsa Verde

Salsa verde, literally “green sauce” in both Spanish and Italian, can actually refer to two different, delicious condiments. And though they share a name and a beautiful color, there’s a world of difference between the two. Mexican variations, made with tomatillos and jalapeños, are recognized for their heat. We’re serving the milder, equally tasty (and centuries-old) Italian version. You’ll mix chopped parsley, almonds and capers with garlic paste and a little olive oil to make a bright, fresh topping for roasted salmon.



Ingredients

- 2 Skinless Salmon Fillets
- $\frac{2}{3}$ Cup Pearled Farro
- 1 Fennel Bulb With Fronds
- 1 Cara Cara Orange
- 1 Clove Garlic
- 1 Red Onion
- 1 Large Bunch Parsley

Knick Knacks

- 3 Tablespoons Sliced Almonds
- 2 Ounces Castelvetrano Olives
- 1 Tablespoon Capers
- $\frac{1}{4}$ Teaspoon Fennel Pollen

Makes 2 Servings

About 670 Calories Per Serving

Cooking Time: 25 to 35 minutes



1



Prepare the ingredients:

Preheat the oven to 450°F. Wash and dry the fresh produce. Heat a medium pot of salted water to boiling on high. Remove the salmon from the refrigerator to bring to room temperature. Pick off and reserve some of the fennel fronds; thinly slice the fennel stems and bulb. Using a peeler, remove the rind of the orange, avoiding the pith; mince to get 2 teaspoons of zest (or use a zester). Cut off and discard the remaining orange rind and pith; medium dice the orange. Peel and mince the garlic; smash with the side of your knife until it resembles a paste. Peel and thinly slice the onion. Pick the parsley leaves off the stems; discard the stems and finely chop the leaves. Finely chop the almonds. Roughly chop the capers.

2



Cook the farro:

Add the **farro** to the pot of boiling water. Cook 15 to 17 minutes, or until tender. Turn off the heat. Drain thoroughly and return to the pot.

3



Roast the salmon, onion, fennel & olives

While the farro cooks, pat the **salmon fillets** dry with paper towels; season with salt and pepper on both sides. Place the **fennel stems and bulb, onion** and **olives** on a sheet pan. Drizzle with olive oil and season with salt and pepper; toss to coat. Arrange in a single, even layer; place the seasoned salmon fillets on top. Roast 16 to 18 minutes, or until the vegetables are tender and the salmon is cooked to your desired degree of doneness.

4



Make the salsa verde:

While the salmon, onion, fennel and olives roast, in a small bowl, combine the **garlic paste, parsley, almonds** and **capers**. Stir in enough olive oil to create a rough paste. Season with salt and pepper to taste and set aside.

5



Dress the farro:

Add the **orange** and **orange zest** to the pot of cooked farro. Stir in a drizzle of olive oil; season with salt and pepper to taste.

6



Plate your dish:

Divide the **dressed farro** and **roasted onion, fennel and olives** between 2 plates. Top each with a **roasted salmon fillet** and the **salsa verde**. Garnish with the **fennel fronds** and **fennel pollen**. Enjoy!